

# Tennessee Behavioral Risk Factor Surveillance System Quarterly Newsletter

Spring 2024

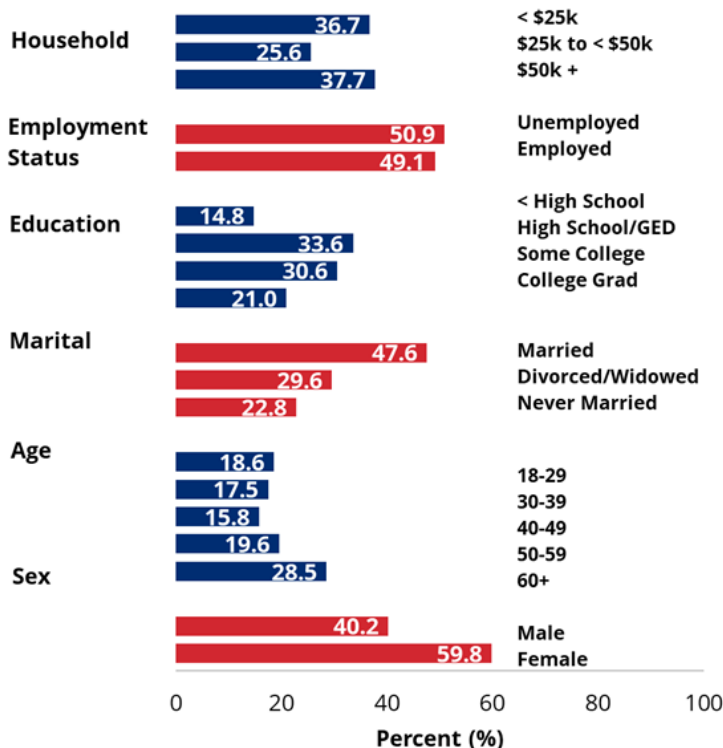
## Do Tennessee Adults Struggle to Sleep?

The Centers for Disease Control and Prevention and the American Academy of Sleep Medicine suggest adults get at least 7 hours of sleep each night.<sup>1</sup> Getting less than the recommended amount of sleep can lead to poor mental health and chronic diseases, two problems Tennesseans commonly struggle with.<sup>1,2</sup> Frequent mental distress among Tennessee adults increased from 13% in 2017 to 18% in 2021 and in 2022, Tennessee ranked 46<sup>th</sup> in the U.S. for percent of adults having multiple chronic conditions.<sup>2</sup>



**Prevalence:** According to the data from the 2017 and 2018 TN BRFSS survey, **over 2 in 5 (46.6%) TN adults reported any trouble sleeping during the past month.**

**Figure 1: Demographics of Tennessee Adults Who Had Any Trouble Sleeping in the Past Month, 2017 & 2018**



Source: TN BRFSS 2017 & 2018

Nearly **27%** of adults reported ever unintentionally falling asleep within the past two weeks, and **17%** reported they had ever been known to stop breathing while asleep.

**Health Disparities:** Those with any trouble sleeping during the past month tended to be:

- Female (59.8%);
- Aged 60+ (28.5%);
- Married (47.6%);
- A high school/GED graduate (33.6%);
- Unemployed (50.9%); and
- From a household with either a lower (< \$25k, 36.7%) or higher (\$50k+, 37.7%) income.

**Public Health Implications:** While getting enough quality sleep is important to maintaining good health, Tennessee adults who reported having trouble sleeping were frequently a part of groups that are already disadvantaged and more likely to experience poor physical or mental health.

## The Stakeholders' Meeting is Coming Up!

The annual **TN BRFSS Stakeholders' Meeting** will be here before we know it!

Attendees will hear about programmatic updates, from data users and their exciting applications of BRFSS data, and vote on optional and state-added modules for the 2025 TN BRFSS Survey.

- ◇ Do you have a **project** you'd like to share?
- ◇ Does your program **use BRFSS data** in an exciting way?

Please **reach out** if you'd like to have the chance to share your work at the Stakeholders' Meeting.

Be on the look out for a **Save-the-Date**  
in the coming weeks!

## TN BRFSS Updates

### BRFSS Annual Meeting

- The TN BRFSS team attended the in-person **BRFSS Annual Meeting** in April. They learned more about BRFSS evaluation; attended technical trainings for scientific writing; and participated in learning sessions and presentations on the latest BRFSS modules that have been released, like the Social Determinants of Health module.

The BRFSS meeting provides coordinators an opportunity to meet with both CDC staff

and data collectors across the country and discuss how the program can be supported during ever-changing landscapes, opportunities, and challenges.

### Data Users Survey

- We want to hear from our data users! Do you have suggestions, comments, or concerns?  
We will be sending out a **Data Users Survey** this year to find out how we can better meet your needs, then share the results of the survey with you.

The TN BRFSS team is always working on producing fact sheets, reports and data briefs on health issues important to the state of Tennessee.

If your program would like to **collaborate on a BRFSS topic** for a data dissemination product, please contact the TN BRFSS coordinator,

Lauren Kuzma: **E-mail:** [Lauren.Kuzma@tn.gov](mailto:Lauren.Kuzma@tn.gov), **P.** (615) 532-7890

### TDH BRFSS Website

<https://www.tn.gov/health/health-program-areas/statistics/health-data/brfss.html>

### Data Requests

To request BRFSS data from TDH, please visit:

<https://www.surveygizmo.com/s3/5819792/TDH-Data-Request-Form>

### Contact TN BRFSS

[TNBRFSS.Health@tn.gov](mailto:TNBRFSS.Health@tn.gov)

### Next Newsletter

August 2023



Tennessee Department of Health Authorization No. 360053.  
This Electronic publication was promulgated at zero cost.  
May 2024